

**“Some of My Worst Wounds” by [Lorna Goodison](#)**

Some of my worst wounds  
have healed into poems.  
A few well-placed  
stabs in the back  
have released a singing  
trapped between my shoulders.  
A carrydown  
has lent leverage  
to the tongue’s rise  
and betrayals sent words  
hurrying home  
to toe the line again.